

A CARD.

We, the undersigned, do hereby agree to refund the money on a 50-cent bottle of Green's Warranted Syrup of Tar if it fails to cure your cough or cold. We also guarantee a 25-cent bottle to prove satisfactory or money refunded.

Red Cross Pharmacy, E. A. Brown, C. H. Kendrick & Co., D. F. Davis, George L. Edson, J. D. McArthur, W. E. Miles & Co., McAllister Bros., D. C. Howard, J. A. Cummings.

Notice.

Parties wishing to rent Caladonia park for parties, etc., communicate with Donald McLeod, at Caladonia, or at the Caladonia rooms any Thursday evening from 7 to 9 o'clock.

Donald McLeod, trustee.

TRAVELERS' RAILWAY GUIDE.

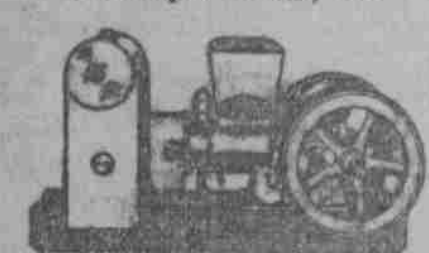
Central Vermont Railway.
Trains leave Barre for Wells River, Montpelier, and New York at 8:20 a. m. and 11:45 a. m. Also leave Barre for Wells River, Montpelier, and New York at 2:30 p. m. and 5:45 p. m.

Montpelier & Wells River Railroad.
Trains leave Barre for Wells River, Montpelier, and New York at 8:20 a. m. and 11:45 a. m. Also leave Barre for Wells River, Montpelier, and New York at 2:30 p. m. and 5:45 p. m.

Custom Clothing—Made in town. First-class Work at Low Prices.

H. McCURRIE
Averill Block City

C. H. TAFT
Randolph Center, Vt.



RELIANCE WOODPECKER ENGINES
Both hopper and Air Cooled

ELECTRIC
Motors
Flat-Irons
Lamps
Shades
Wiring
Repairs

Cushman & Ward's
No. 1 PEARL STREET.
Barre, Vermont

GILBERTSON'S ORCHESTRA

A premier organization. Number of artists and programs to suit. Our programs whether classical or popular are always attractive as they are arranged to suit all tastes. Complete repertoire. For terms address

W. H. GILBERTSON, Mgr.
Phone 534-41. 51 Highland Avenue.

The Great Convenience of the Age

—is the 'phone, and we have secured the best service to be had by having a one-party line at the office and a two-party line at the yard.

Under the new arrangement just take the receiver from the hook and call 237 for the office and 13-M for the yard. If one is busy, use the other and say "Send me a cord of nice Black Wood right away at \$2.75."

Just try it and see if it doesn't work out all right.

Morse & Jackson
266 No. Main St.

CHELSEA.

Miss Mary J. George, who has been visiting friends at her old home in Chelsea, Mass., for the past six weeks, returned home Tuesday evening.

Amasa P. Button has moved this week from his home here in the village to the farm on the Washington road. He purchased a few weeks since of G. S. Adams.

Jack Joslyn, who has been working during the winter as a driver in H. H. Adams' livery and sale stable, has finished work for Mr. Adams and left the first of the week for his home in New Hampshire.

A. E. Rowe and family of New Haven, Conn., have been guests of Mr. and Mrs. Holton S. Annis on the east hill for the past two weeks.

Miss Emma Sargent, who has for the past year been housekeeper for Edward O. Mattoon, has completed her services there and gone to the home of her sister in Tunbridge.

Miss Sylvia Comstock, who had been the guest of her parents, Prof. and Mrs. L. M. Comstock, for several weeks, returned to her school work at St. Johnsbury academy the first of last week.

Cassius H. Kimball, who came here from northern New York last year and occupied the Herbert F. Judd farm on the west hill, returned with his family last week to New York, where they will make their future home.

Mr. and Mrs. Fred Hayward are rejoicing over the birth of a daughter on April 6. The little one is a granddaughter of Mr. and Mrs. G. L. Hayward of this town and Mr. and Mrs. Moses Magoon of Corinth.

E. O. Tracy, the venerable hardware merchant, has been seriously ill for the past two weeks with an attack of the grip and other complications, but his condition seems to be one of slow improvement and his ultimate recovery is expected. His daughter, Miss Lytle, arrived from Boston Wednesday evening and is assisting in his care.

Justin Slack of Stratford, who came recently to visit his brother, Carleton Slack, has been stricken with a shock and his condition is very grave at the present time.

Carl M. Beckwith has moved his family from the farm he sold last fall to Sun Bluff, in the Sanborn house, in the village, recently purchased by S. C. Wilson.

Miss Mary Hatch of Quincy, Mass., who has been spending several months in the family of J. A. R. Corwin, has returned to her home.

Mrs. Annis, widow of the late Mrs. Annis, who has been to feeble health for some time, and who of late has been failing, is being cared for at the home of her daughter, Mrs. Lewis J. Gray, on the west hill. Another daughter, Mrs. Lee Salter of Montpelier, has come to assist in the care of her mother.

Mr. and Mrs. Fred A. Ordway went to Barre City Thursday to spend a few days, where they will be the guests of their daughter, Mrs. Earl E. Parker, and her husband.

Miss Adah Austin, daughter of Mr. and Mrs. William O. Austin, who live just over the line in Brookfield, and who is well and favorably known here, was married last Tuesday at the home of her parents, to Ernest L. D. Rumney of Brookfield, by the Rev. David H. Strong of Williamstown. Mrs. Rumney is a niece of Mrs. Theodor D. Spear of this town. Mr. and Mrs. Rumney have purchased a farm in East Brookfield, where they will make their future home.

A. W. Whitney, H. N. Mattison, B. H. Adams, Col. W. O. Dixie and George A. Tracy were in Montpelier Thursday to attend the exercises in commemoration of the one hundredth anniversary of the birth of the late Senator Justin S. Morrill.

George Chase is working temporarily in the livery and sale stable of B. H. Adams, taking the place made vacant by the resignation of Jack Joslyn.

Mrs. Fred Daniels left Friday morning for Island Pond to join her husband, who is there this week in attendance upon the annual meeting of the Vermont Methodist conference.

EAST HARDWICK.

Harold Lawrence recently spent two days in Hardwick, the guest of his sister, Mrs. P. Shattuck.

Miss Marjorie Forte recently visited here.

Arthur Montgomery was a visitor in Hardwick Wednesday.

A son was recently born to Mr. and Mrs. W. S. Wright, who only lived two days.

Miss Freda Takot is working in Walden.

Mrs. Haegue visited in Hardwick Friday.

Mrs. Arthur Montgomery recently spent the day with Mrs. Pope in Hardwick.

Several from here, among them the Rev. Mr. Chambers, attended the recognition service in the Baptist church at Hardwick Wednesday.

Mrs. Chambers is able to be around the house.

SOUTH CABOT.

Gottlieb Tibbitt picked a strawberry blossom one day last week.

Eugene Putnam is saving up Fred Lamont's stock of lumber.

W. O. Southwick and E. H. Adams were in Randolph Friday.

George Reed and Edgar Hawes were in Montpelier Thursday on business.

The report from Mary Fletcher hospital is that Maggie Houghton is gaining fast and will be home soon.

Fred Needham of Peacham is stopping here with his sister, Mrs. W. J. Houghton, for a week or more. Mrs. Needham of Peacham visited her daughter one day last week.

John Chandler of Peacham was at W. O. Southwick's one day last week.

REST AND HEALTH TO MOTHER AND CHILD.

Miss Winkler's Sore Throat Syrup has been used for over thirty years by millions of mothers for their children's ailments.

It is the best remedy for Sore Throat, Croup, Whooping Cough, and all other ailments of the throat and lungs.

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RANDOLPH.

Mrs. Campbell of Barre came to Randolph Sunday to remain with her son, Ed. Campbell, and family for a few days.

Rev. Fraser Metzger went to Randolph Center Sunday afternoon to preach for the Federated church at that place.

J. Denmore Battles is at work as carpenter work in Barre on the Howland block.

Miss Jessie Chedel, who went back to Franklin to resume her studies at Tilton seminary, has returned to her home here, ill with the whooping cough.

Miss Mary Lamson has gone to Boston to take a course of study in music.

Miss Hazel Rogers has gone to Westmont to teach the spring term of school there.

Miss Ethel Newton of Barre passed Sunday with her mother in town.

Miss Bernice Simpson, of Roxbury made a business trip here Saturday and returned Sunday morning.

Mrs. S. A. Capen, who has passed the winter here with her brothers, Harris and Walter Baus, has returned to her home in Randolph, Mass.

Mrs. Henry Johnson has been passing a few days with her parents, Rev. and Mrs. E. K. Herriek, at Milton.

Mrs. Beaumont West has gone to Boston to fill several dressmaking engagements for the coming season.

Mr. and Mrs. John Parsons, who have been in California for three years, arrived here from Los Angeles recently and will reside at the home of Mr. Parsons, since the loss of his limb, does not feel able to take up his farming duties.

Mr. and Mrs. J. J. Terrie were recent visitors of their daughter, Mrs. Edwin Scott, of Barre.

Edward Stevens, a former resident of Randolph, died at his home in Hyde Park one week ago, from the effects of blood poisoning. Mr. Stevens remains were taken to Northfield for interment, and his wife returned here on Friday. Mr. Stevens was a nephew of the late Dana Chadwick.

The Brainfree club had ten tables of whist played at its last party, held in G. A. R. hall on Wednesday evening, and the occasion was of much enjoyment, as it was decided to hold another Friday evening of this week.

Milk producers, with their presidents and secretaries, met at Randolph on Friday. Mr. Manchester was chosen to represent these unions in the conference held at the American house in Boston Tuesday between Hood & Sons and the Boston Co-operative Milk Producing company. Mr. Manchester was present at all the sessions in Boston Tuesday, but saw no definite action taken.

Forest Thayer of the Vermont house, Saratoga Springs, N. Y., is here on a visit to his brother, Orvis Thayer.

Miss Evelyn Manney has been quite ill for two weeks with a severe form of the grippe, but she is now somewhat improved though under the care of a trained nurse, Miss Hattie Sault.

GRANITEVILLE.

The dinner in Miles' hall last Friday evening was attended by about 25 couples, and all had a very pleasant time. The music was furnished by Henry Jenkins.

A regular meeting of local union No. 422, I. O. O. F., will be held on Wednesday evening, April 20. This is the last meeting with open charter. All members are requested to attend.

A good crowd attended the dance at Miles' hall Saturday evening, and a fine time is reported.

Miss Julia O'Hagan spent Sunday with her parents in East Barre.

James Fitzpatrick is in town on business.

Miss Dechue, who was called to her home one week ago by the illness of her mother, has not yet returned.

A teachers' meeting was held in Upper Graniteville Friday afternoon. It was well attended.

John McLean has been visiting at his home, on Cassie street.

J. N. McDonald spent Sunday with his daughter at St. Mary's academy in Burlington.

BERLIN.

Born to Mr. and Mrs. Alfred Duprey, Tuesday, April 12, a son. Mother and child are doing well.

Mr. and Mrs. J. C. Webb visited friends in Northfield Saturday and Sunday.

J. A. Lucas, the Singer sewing machine agent, is a business visitor in town.

Miss Phoebe Luther of Warren is visiting Mrs. John Poor.

A. E. Covell was in town Tuesday on business.

Miss Dora Duprey, who has been spending a few days with her parents, returned to her work in Northfield Wednesday.

C. T. Crandall and wife have returned to Philadelphia, after having spent a few weeks on the old home farm.

Schools throughout town commenced today, with nearly the same teachers as for last winter.

Dyspepsia is America's curse. Dardock Blood Bitters conquers dyspepsia every time. It drives out impurities, tones the stomach, restores perfect digestion, normal weight and good health.

Nothing, bleeding, protruding or blind piles yield to Doan's Ointment. Chronic cases soon relieved, finally cured. Druggists all sell it.

Doan's Regulets cure constipation without griping, nausea, or any weakening effect. Ask your druggist for them. 25 cents per box.

For any pain, from top to toe, from any cause, apply Dr. Thomas' Electric Oil. Pain can't stay where it is used.

Worse Than Bullets.

Bullets have often caused less suffering to soldiers than the common L. W. Harriman, Burlington, Mass., got in the army and suffered with forty years. "But Buckle's Arnica Salve cured me when all else failed," he writes. Greatest healer for cures, ulcers, boils, burns, cuts, wounds, bruises and piles. 25c at the Red Cross Pharmacy.

Colds Conquered Means Sickness Saved

Anyone interested in the cure of Colds, Croup, Whooping Cough, and Pneumonia, should get one of the bottles of E. K. Herriek's Cough Syrup. It is the only remedy that conquers colds and saves sickness.

Herriek's Cough Syrup is a sure cure for all colds, croup, whooping cough, and pneumonia. It is the only remedy that conquers colds and saves sickness.

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CONSERVATION OF KITCHEN RESOURCES

Is Latest Slogan of Secretary James Wilson of the Department of Agriculture.

Washington, D. C., April 18.—The conservation of kitchen resources is the latest slogan of "Tama Jim" Wilson, secretary of agriculture.

Uncle Sam has been teaching the farmers how to grow good things for a number of years, and now Secretary Wilson proposes to inaugurate an educational campaign to tell the housewives the best way to fix up the things the farmers raise.

"Tama Jim's" keynote in this campaign is that the nutritive value may be raised, and the cost at the same time lowered. In other words, he hopes to teach the housewife what is best to eat, how to buy it and the best way to use it.

It seems that American housewives have been overlooking cooking economy—there haven't been as many conservationists as their sisters abroad. American cooks have lately commented upon the difference in the standards of living between the German and the Englishman as compared to his income. Although opportunity enables the Englishman to reap a larger profit from his labor than the German, the latter is a better-fed man. The Englishman puts more into the kitchen, but the German takes more out of it. The German housewife is unequalled as a conservator of kitchen resources.

The meat cook book of the department of agriculture is a result of exhaustive experiments with a queer device called the calorimeter. This apparatus is as large as a room and yet is as delicately regulated as a ship's chronometer.

It is used to determine the value of foods and their relation to the health, growth and energy of the body. It is based, in principle, upon the theory that the human body is self-regulating and that, whereas in the case of the furnace all the fuel is converted into ash, gas and heat, in the body a part of the food-fuel goes towards building up the tissues. By its calorimeter, food consumption in studies upon the latter, as ash, the breath, which represents the gas, and the energy-giving properties, which is comparable to the heat of a furnace.

The chemical composition of a certain food being determined, the experiment of the breath of a person eating it is analyzed, and the decrease in chemical constituents represents the portion digested. Of this latter, a portion is assimilated into the body tissue, and a part is consumed in the energy of the person. The exact portion that goes to energy is only found after exhaustive analysis.

All human energy is transformed into heat given off from the body. Even the raising of an arm causes a slight escape of heat. To measure this heat is to know the amount of energy expended. Consequently, in the calorimeter, a man is placed in a chamber, the heat in the chamber is measured, and the heat given off by the man is the same as that of the room. If it drops, an electric current is passed through. Thus the heat in the chamber is absolutely measured. The man in the calorimeter is fed solely upon the diet that is to be analyzed. To measure the heat in the chamber determines the exact amount of energy given up by the man in that particular food.

Since heat is the expression of energy, it only remains to measure the heat within the calorimeter chamber to determine the energy expended by the man. The experiment is a simple one. The man is placed in the chamber, the heat in the chamber is measured, and the heat given off by the man is the same as that of the room. If it drops, an electric current is passed through. Thus the heat in the chamber is absolutely measured. The man in the calorimeter is fed solely upon the diet that is to be analyzed. To measure the heat in the chamber determines the exact amount of energy given up by the man in that particular food.

Water pipes, in coils much like those used in heating houses, are run through the calorimeter. Cold water, of a known temperature, runs through them. The water absorbs the heat in the chamber, and is given off by the man within the chamber. The temperature of the water as it passed from the room is again taken and the resultant rise in its temperature gives the amount of heat or energy generated from the food under test. So slowly does the calorimeter register this heat that its dial shows the slightest movement of the subject—such as the raising of an arm.

Tests are made in the chamber with the man at exercise and at rest. In order to know the amount of muscular energy expended at an ordinary rate of movement, the man is made to do a certain amount of work. The heat in the chamber is measured, and the heat given off by the man is the same as that of the room. If it drops, an electric current is passed through. Thus the heat in the chamber is absolutely measured. The man in the calorimeter is fed solely upon the diet that is to be analyzed. To measure the heat in the chamber determines the exact amount of energy given up by the man in that particular food.

There is now known by analysis the constituents of the ash from the food and the energy supplied by it. There remains, then, the gas or breath and the quantity assimilated. The test of the breath is made at the same time as the test of the energy. Chemically measured air is passed into the chamber. The breath is known to give off two products from the food digested—moisture and carbon dioxide.

When the air is drawn from the chamber, it is passed through sulphuric acid to extract the moisture and through soda lime to extract the carbon dioxide. These two chemicals are analyzed after the air has been passed through them, and the properties that have been given off in the breath from the food consumed are determined.

By a simple process of elimination, these candy tablets do just as much as salts or calomel. But Cascarets never callous the bowels. They never create a continuous need, as harsh cathartics do. Take one just as soon as the trouble appears, and in an hour its power.

Very good box, 10 cents—at drug stores. Each tablet of this medicine is marked G. C.

These candy tablets do just as much as salts or calom